

Full Report (All Nutrients) 01080, Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Report Date: December 09, 2015 19:28 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Proximates						
Water	g	88.86	--	--	217.71	870.83
Energy	kcal	51	--	--	125	500
Energy	kJ	213	--	--	522	2087
Protein	g	3.48	59	0.024	8.53	34.10
Total lipid (fat)	g	1.92	559	0.010	4.70	18.82
Ash	g	0.77	--	--	1.89	7.55
Carbohydrate, by difference	g	4.97	--	--	12.18	48.71
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	128	--	--	314	1254
Iron, Fe	mg	0.05	--	--	0.12	0.49
Magnesium, Mg	mg	14	--	--	34	137
Phosphorus, P	mg	100	--	--	245	980
Potassium, K	mg	162	--	--	397	1588
Sodium, Na	mg	52	--	--	127	510
Zinc, Zn	mg	0.40	--	--	0.98	3.92
Copper, Cu	mg	0.008	--	--	0.020	0.078
Manganese, Mn	mg	0.002	--	--	0.005	0.020
Selenium, Se	µg	2.3	--	--	5.6	22.5
Vitamins						
Vitamin C, total ascorbic acid	mg	1.0	--	--	2.4	9.8
Thiamin	mg	0.040	--	--	0.098	0.392
Riboflavin	mg	0.173	--	--	0.424	1.695

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Niacin	mg	0.090	--	--	0.220	0.882
Pantothenic acid	mg	0.336	--	--	0.823	3.293
Vitamin B-6	mg	0.045	--	--	0.110	0.441
Folate, total	μg	5	--	--	12	49
Folic acid	μg	0	--	--	0	0
Folate, food	μg	5	--	--	12	49
Folate, DFE	μg	5	--	--	12	49
Vitamin B-12	μg	0.38	--	--	0.93	3.72
Vitamin A, RAE	μg	56	--	--	137	549
Retinol	μg	55	--	--	135	539
Vitamin A, IU	IU	204	--	--	500	1999
Vitamin D (D2 + D3)	μg	1.0	--	--	2.4	9.8
Vitamin D	IU	40	--	--	98	392
Lipids						
Fatty acids, total saturated	g	1.195	--	--	2.928	11.711
4:0	g	0.062	52	0.001	0.152	0.608
6:0	g	0.037	68	0.001	0.091	0.363
8:0	g	0.021	89	0.001	0.051	0.206
10:0	g	0.048	89	0.001	0.118	0.470
12:0	g	0.054	89	0.001	0.132	0.529
14:0	g	0.193	88	0.003	0.473	1.891
16:0	g	0.505	88	0.007	1.237	4.949
18:0	g	0.233	88	0.003	0.571	2.283
Fatty acids, total monounsaturated	g	0.555	--	--	1.360	5.439
16:1 undifferentiated	g	0.043	71	0.001	0.105	0.421
18:1 undifferentiated	g	0.483	78	0.007	1.183	4.733
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.071	--	--	0.174	0.696
18:2 undifferentiated	g	0.043	74	0.002	0.105	0.421
18:3 undifferentiated	g	0.028	65	0.002	0.069	0.274
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	8	--	--	20	78
Amino Acids						
Tryptophan	g	0.049	--	--	0.120	0.480
Threonine	g	0.157	--	--	0.385	1.539
Isoleucine	g	0.211	--	--	0.517	2.068
Leucine	g	0.341	--	--	0.835	3.342
Lysine	g	0.276	--	--	0.676	2.705
Methionine	g	0.087	--	--	0.213	0.853
Cystine	g	0.032	--	--	0.078	0.314
Phenylalanine	g	0.168	--	--	0.412	1.646
Tyrosine	g	0.168	--	--	0.412	1.646
Valine	g	0.233	--	--	0.571	2.283
Arginine	g	0.126	--	--	0.309	1.235
Histidine	g	0.094	--	--	0.230	0.921
Alanine	g	0.120	--	--	0.294	1.176
Aspartic acid	g	0.264	--	--	0.647	2.587
Glutamic acid	g	0.729	--	--	1.786	7.144
Glycine	g	0.074	--	--	0.181	0.725
Proline	g	0.337	--	--	0.826	3.303
Serine	g	0.189	--	--	0.463	1.852
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0